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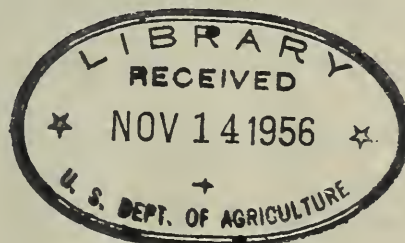
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Federal Extension Service. (2a on pf.)
U.S. Dept. of Agriculture
Washington 25, D. C.

3 NATIONAL 4-H HEALTH PROGRAM OBJECTIVES

Revised by 4-H Health Development Program Committee,
Chicago, October 3, 4, 1955 //

The purpose of this program is to help 4-H boys and girls to achieve the following:

1. To develop leadership and help achieve the broad 4-H objectives of character and effective citizenship.
2. To learn that happy living - (physical and mental fitness, attractive appearance and a pleasing personality) - depends upon health conservation and improvement.
3. To develop desirable personal health practices and attitudes.
4. To share in the responsibility for improving the health of the family and of the community.



4-H - 156 (10/55)

Meeting of 4-H Health Project Development Committee
Monday, October 3,4, 1955

- Minutes

I. Our interest in the Health "H" - G. L. Noble

Nutrition

Longevity not solely important - but all full living (Vigor)

Mental attitudes

Health and soil relationships

Eat from as many sources as possible

Age and attitude, attitudes can be changed most easily between
10-12 years

Scientific principles accepted most readily between 12-16, -
also longest remembered and practiced.

Sanitation

Start with individual - will spread to family, etc.

This committee most important of all the development committees

II. National 4-H Program Development Committee

Purpose - Kind - Activities - Tena Bishop

Action committee of Subcommittee on 4-H Club work.

Develops program ideas which may be usable in States.

Development committees now set up for many projects and activities.

Report submitted to Subcommittee on 4-H Club Work.

Leaders Guides one area of activity of some committees.

III. T. W. Thompson - Review of Health Program

Statistical Review -

1954 - Individual awards introduced

1948 - 1949

578,218 enrolled - 431,882 completion

1954

714,720 enrolled - 594,683 completion

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Addition of 4 county medals per county in National 4-H

Health Program, plus 4 certificates per county, plus 10 per State.

Great amount of variation in State programs

IV. Current needs - Helen Becker

- a. Need an integrated health program in all 4-H projects but also a need to pinpoint and identify health.

Need something to tie to for participation minimum health requirements with other projects such as animal husbandry, clothing, etc.

Posture - an example of an emphasis in the clothing project.

Posture is a result of general health - not health for health's sake.

Mental attitudes important.

- b. Safety and Civil Defense preparedness

First Aid
Home Nursing

- c. Community organization for better health - (4-H'ers involved)

1. Use community resources and facilities

- a. Voluntary organizations on -

Heart - Nebraska doing information work
Cancer - in their area - informing about
T.B. - National Association Program
Polio -

- b. Public Health Service

- d. Individual and Family health practices
and records (AMA will help)
Relationship to family physician

Gladys Oller - Program Materials and Aids

1. Need to pinpoint and glamorize.
2. Need colorful health leaflets - we are competing with colorful literature from commercial firms such as Dairy Council, Kellogg, General Mills, etc.
3. Many motion pictures are available.
4. Wyoming leaflet, "Yes-You" provides for different program each five years.
5. Indiana Health and Safety Guide gives suggestions for ten meetings.
6. Suggest that a Leader's Guide include ideas in each field from specialists.
7. Opportunity to include "family health" ideas. 4-H has close tie with family. Avoid repetition of school activities.
8. Indiana and Ohio report "Health and Safety Officer" in many clubs.
9. Gear materials to different age levels.
10. Question, "Should committee make a list of materials available in States?" Might list sources.
11. Agreement that literature is needed for:
 - a. Leaders
 - b. Members
 - c. Club health officers
 - d. Possibly for Extension agents

George Nuffer - Effective Cooperation With Other Health Agencies

1. No one person can be trained in all fields.
2. Joining of forces important.
3. Include public health agencies - State and county, medical associations, dental associations.
4. Help with examinations, training schools, camping programs, etc. i.e., mobile dental unit. They are anxious to help.

5. How to secure cooperation:

- a. Meeting of minds of administrations and others.
Extension has respect of others.
- b. Know organization contacted in advance.
- c. Get them in on planning.
- d. Be prepared to return help.

6. Need facts to show importance of different groups - polio, heart, cancer, etc.

7. Many would provide scholarships.

8. Massachusetts mobilized 600 dentists on campaign-type program, "Protect Your Smile". Nutrition and food people helped on, "Health".

Survey by Miss Holstein attached.

Suggestions by Mr. Niederfrank included:

1. Evaluation - study of needs.
2. Health camps highlight program in Minnesota.
3. Have "health program" as goal.
4. Place emphasis on leader training. Include agents and leaders.
5. Approach as an activity rather than project. Do not require but encourage participation.
6. Put emphasis on achievement of something.
7. Make an integrated program with adults.
8. Have future meeting to develop program.
9. Need more health specialists.

Discussion

1. Relationship with other programs.
 - a. Important part farm and home development.
 - b. Make a family program.
2. Possible Subcommittees:
 - a. Suggestions for States with ideas for minimum standards for activities and projects.
 - b. Leader training guide.
 - c. Resources and other helps.

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A. GROUP OR CLUB HEALTH PROGRAMS

Health Subcommittee - H. W. Harshfield, Helen Becker, Eloise Johnson

1. Application of health to all projects -- safety, clothing, nutrition, livestock sanitation, food production and conservation, recreation, soil conservation, etc.
2. Practice health rules at all 4-H Club meetings and at home:
 - Good light and ventilation.
 - Reasonable hours.
 - Light, well-balanced refreshments.
 - A balance between education and recreation.
3. Health officer in each club.
4. Investigate community health needs; consult with parents and community leaders.
5. Select and sponsor one phase of health education for special emphasis each year on a club or area basis, such as safety, malnutrition, tuberculosis, hookworm, malaria, teeth, feet, skin, or sanitation.
6. Assist with community health programs based on need, for example:
 - Physical and dental check-ups.
 - Safety and sanitation campaigns.
 - Rodent and insect control.
 - Hospital equipment or furnishings.
7. Cooperate with Health Education Programs sponsored by voluntary organizations -- heart, tuberculosis, crippled children, polio, cancer, etc.
8. Learn and practice basic first-aid and Civil Defense procedures, such as:
 - a. Enroll in Junior Red Cross First Aid or Water Safety courses.
 - b. Treatment of burns, cuts and bruises.
 - c. Study and use fundamental home-nursing practices, such as:
 - Preparation of the invalid's tray.
 - Making and using sickroom equipment.
9. Physical Fitness Program such as Field Days, Camp Activities, etc.
10. Health Camps or Health Conservation as a part of other camps.
11. Special 4-H Health Improvement and/or maintenance clubs --
 - Starting with physical and dental check-ups.
12. Mental Health Programs:
 - Personality development.
 - Check sheets and discussion on values and attitudes.

13. Exhibits and Demonstrations, Health Pageants, Posters, Slogans, and Visual Aids.
14. Cooperate with School Health Programs - School lunch, school sanitation, etc.

B. Individual Health Programs

These may be adopted as projects or activities

1. Health Conservation.
Individual and family.
2. Personal health check-up.
 1. Physical examination once a year by your personal physician.
 2. Follow up findings of the health check-up with appropriate remedial action.
 3. Visit dentist at least once a year for:
 - a. Search for cavities.
 - b. Repair of all fillings.
 - c. Cleaning if needed.
 4. Learn and follow the food habits essential to full growth and good health.
 - a. Use check sheet to check own food habits.
 - b. Use check sheet to check own health habits periodically.
3. Take advantage of all modern disease-control measures.
 1. Immunization for diphtheria and typhoid.
 2. Vaccination for smallpox.
 3. For other communicable diseases follow the recommendations of personal physician or State Health Department.
 4. X-ray of chest, if facilities are available.
4. Follow the four-point 4-H safety program.
 1. Find the hazards.
 2. Remove all you can.
 3. Learn to live with the rest.
 4. Prepare to treat the accidents that do happen.
5. Study farm and home sanitation in cooperation with parents.
 1. Make a survey of possible sources of contamination, such as water supply, milk and food supply and storage, sewage and garbage disposal, prevalence of disease-carrying insects and rats and livestock diseases that affect human health.
 2. Plan and adopt a program of farm and home sanitary improvement.
6. Prepare and give demonstrations on good health and safety practices.

HEALTH HANDBOOK FOR 4-H LEADERS

Tentative Outline

Health Subcommittee - George W. Nuffer, Gladys Oller

1. Objectives
2. Introduction
 - a. Reasons for 4-H Health program.
 - b. Impress importance to leaders.
3. Getting started in the Health program
 - a. Explain use of handbook.
 - b. Club organization for health.
 - Select health chairman, officer or leader
 - Select health and Safety Committee
 - Explain duties and give suggestions of what each of the above might do.
4. Training of Leaders and Health Officers.
 - Suggestions for Training
 - Officers
 - Adult leaders
5. Suggestions for Club health program.
 - Typical meeting
 - Suggestions for health and safety at each meeting.
 - Here's how - Ideas on what can be done, what others have done.
 - Suggestions as to what members can do according to age groupings.
6. Ideas and Suggestions for Programs.
 - Individual
 - Family
 - Club
7. Resources to help with Program
 - Personal and agencies
 - Literature
 - Visual Aids
8. Evaluation and results
 - Report of Club Activities
 - Report of Individual activities and progress
9. Incentives
 - Individual
 - Club

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Subcommittee -
Ann Barr, Tena Bishop,
T. W. Thompson

RECOMMENDATIONS

Preamble

Positive health is basic to all 4-H Club programs. A 4-H Health program to be effective in meeting the needs and interests of the member must appeal:

1. To the very young club member who is interested in being like some admired person.
2. To the in-between or intermediate club member interested in strength.
3. To the adolescent club member interested in making the most of his appearance and future usefulness.
4. To the adult leader who sees in the health program an opportunity to help youth develop desirable personal health practices and attitudes which make for happy living.

A well planned and conducted 4-H Health program may be the means of involving the family in accepting better health practices which make for happier living.

A sound 4-H Health program will help develop leaders for community health programs in the future.

The National 4-H Health Development Program Committee makes the following recommendations:

To the States -

1. That each state continues to have a health program making an effort to reach every 4-H member through an activity, a project, or both.
2. That a Health planning committee or council be set up to decide on a program to meet the needs of members and leaders taking advantage of health agencies, professional people, and cooperating groups interested in the health of young people.
3. That health be considered and emphasized as a part of every 4-H project, activity or assembly.
4. That a Health Training Program be set up for agents, leaders or 4-H Club Health officers.
5. That attractive material and a method of reporting be prepared which has an appeal to the various age levels.
6. That health be glamorized during National 4-H Club Week, Achievement Day, at fairs, in store windows, at community and civic club meetings through exhibits, demonstrations, pageants and posters, etc.

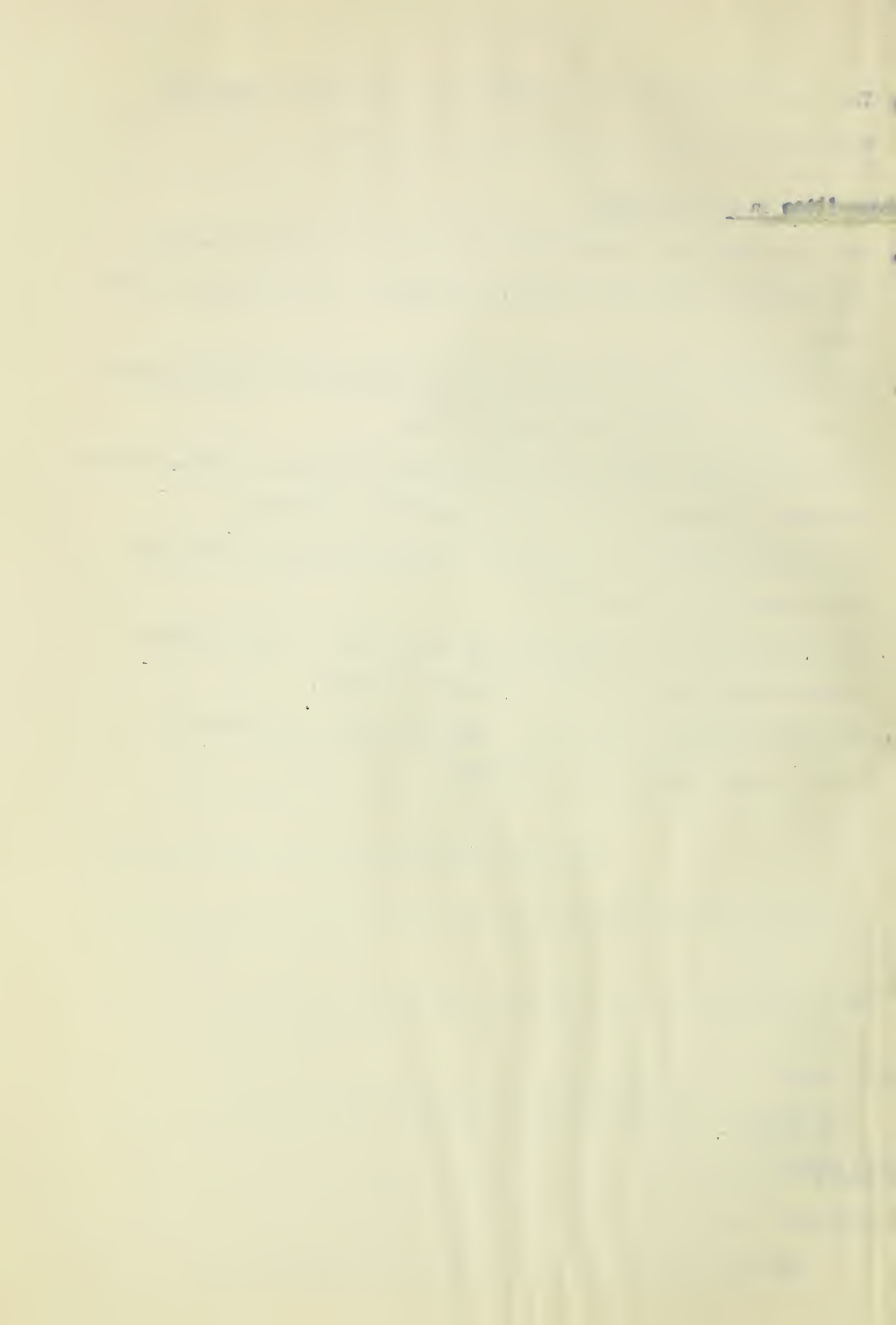
National Committee on Boys and Girls Club Work -

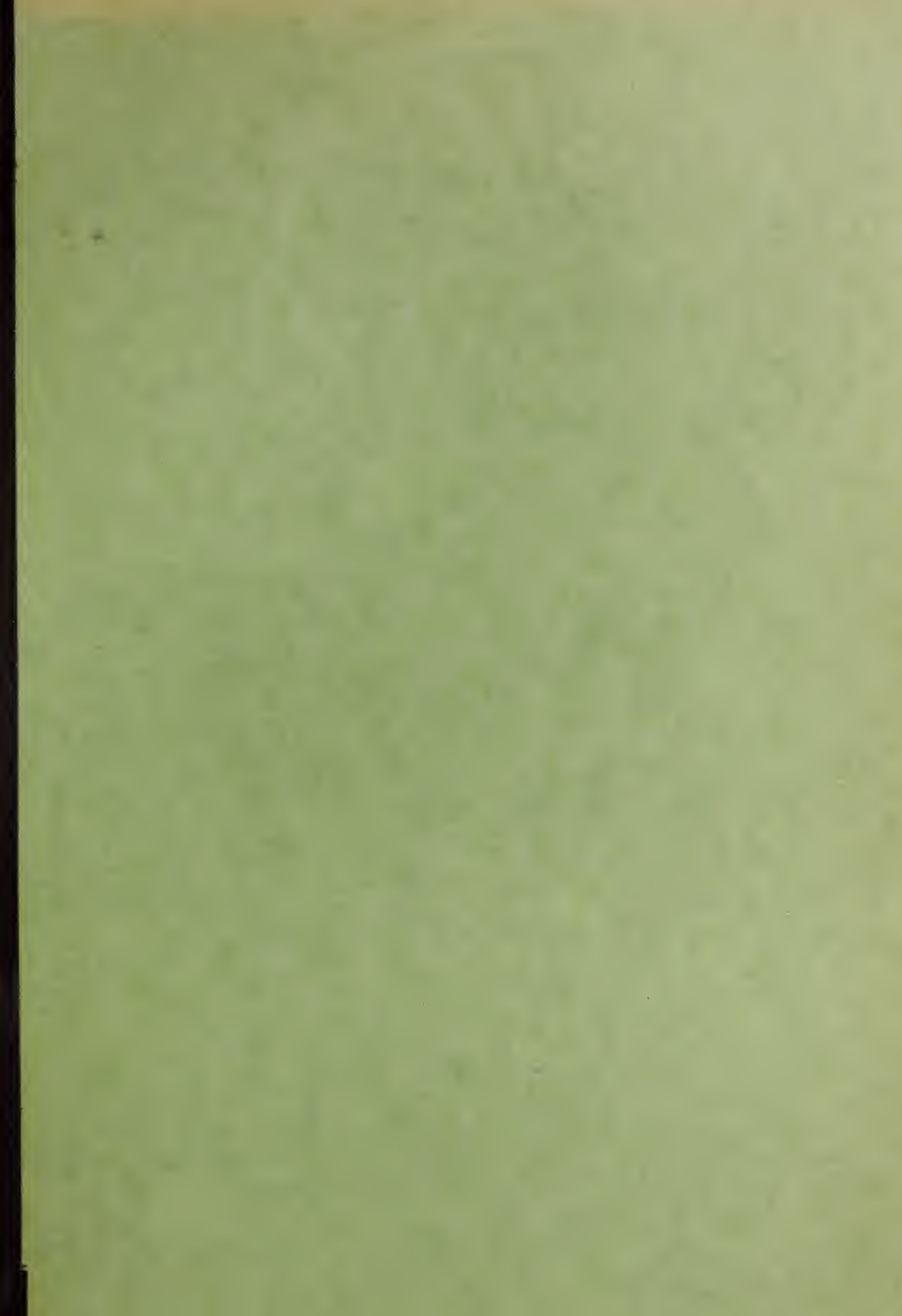
1. That the National Committee on Boys and Girls Club Work secure a sponsor.
 - a. To provide incentives for individuals and clubs at County and State level.
 - b. To provide scholarships at the National level.
 - c. To provide leader training funds for 4-H Health education.
 - d. To provide financial assistance for the preparation of a leader's guide.
 - e. To provide financial assistance for the National 4-H Health Development Committee when necessary to call a special meeting.

2. That the National Committee consider the possibility of including health program ideas in the National 4-H Club News.

Subcommittee on 4-H Club Work

1. That the report and recommendation of the National Health Committee be considered at the next meeting, if approved copies be sent to each State.
2. That a meeting of the National 4-H Health Program Development Committee be held at the 1956 National 4-H Club Camp.
3. That Helen Becker, Rural Health Specialist of Nebraska, and Mrs. Florence Abington, Louisiana, be added to the committee membership.
4. That Eloise Johnson of the National Committee on Boys and Girls Club Work be added as a consultant.
5. H. W. Harshfield, 4-H Club Leader, Ohio, be asked to serve as Temporary Chairman in the absence of Dorothea Holstein.
6. That when a sponsor is secured, a representative of the donor be added to the committee as a consultant.





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